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(54) **DETERMINING A MEAL AND/OR MEAL PLAN**

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(57) **ABSTRACT**

Methods, systems, apparatus and computer-readable mediums, storing sets of instructions, provide for determining at least one meal combination including receiving, at a server, information identifying at least one food item; accessing, from a storage, device, a set of meal combination rules; applying, at the server, the accessed set of meal combination rules to a plurality of food items; determining, at the server, at least one meal combination including a plurality of food items including the food item identified by the received information; and transmitting the determined at least one meal combination from the server to a computing device for display. Alternatively, methods, systems, apparatus and computer-readable mediums, storing sets of instructions, provide for generating a meal plan, including accessing a set of meal plan rules; applying the set of meal plan rules to a plurality of food items; determining a plurality of meal combinations, each of the plurality of meal combinations including a plurality of food items, based on the applied set of rules; and transmitting the determined plurality of meal combinations from a server device to a computing device.